



# Connections

January 2026 | ISSUE 201



## OILS FOR YOU, TO BEAT THE FLU TUESDAY, JANUARY 6TH | 12:30 PM



*Sponsored By: doTERRA Essential Oils*

This class is a MUST to prepare to combat the onslaught of germs during cold and flu season. Join doTerra Representative Chris Ventura as she shares her "go-to recipes" for sore throats, coughs, fevers, congestion and more. *Did you know that Oregano is the #1 plant-based antibiotic there is? Or, that Clove oil has the highest antioxidant level?* Come discover natural ways to stay healthy during winter and throughout the year. Make & Take roller bottles of FLOOM (blend of Frankincense, Lemon, OnGuard, Oregano & Melaleuca oils) will be available for \$10. Please register with Alice at 508-866-4698 x3.

## THERAPY GARDENS: COOKING SMALL WEDNESDAY, JANUARY 14TH | 12:30 PM

*Sponsored By: Friends of Carver COA*

Whether cooking for 1 or 2, you'll learn to master portion-friendly cooking while avoiding food waste. This workshop includes cooking techniques, shopping tips, and original Therapy Garden recipes, plus a handout for cooking with pantry staples. Therapy Garden workshops offer smart, sustainable tips for feeling better in all aspects of your life. We keep it simple and grounded in science so participants walk away with practical information and skills they can use in their life right away. Please register with Alice at 508-866-4698 x3 or email: [alice.mcmahon@carverma.gov](mailto:alice.mcmahon@carverma.gov).

## PREPARING FOR MEDICARE - PRESENTED BY BCBS

WEDNESDAY, JANUARY 21ST | 12:30 PM

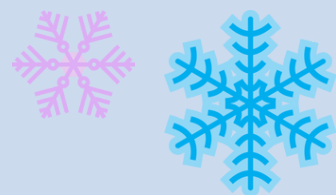
To help you make the most informed decision, we've provided some important information you can use to better understand how Medicare works and what healthcare options are available. Please register with Alice at 508-866-4698 x3 or email: [alice.mcmahon@carverma.gov](mailto:alice.mcmahon@carverma.gov).



### WINTER WEATHER REMINDER

The unpredictability of winter weather may lead to the closing of the Council on Aging when conditions are hazardous. The established Town policy to follow is, when the Carver Public Schools are closed due to weather conditions, the Carver COA will be closed as well. Be sure to check local news stations and WATD Radio for school closure listings before heading out in bad weather.

*Stay safe!*



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### GUIDED MEDITATION

**FRIDAYS | 9:00 AM**

Meditation helps you find inner peace, clarity, and focus. The class is led by Diana Chaffalo of Little Red Yoga Studio. Cost \$5. Register at 508-866-4698 x3.



### COMFORT DOG VISITS

**3RD TUESDAYS | 11:00 AM**

Drop in every 3<sup>rd</sup> Tuesday for a relaxing and engaging visit with Carver's Comfort Dog "Daisy" with handler Officer Farquharson.



## MIND AND BODY WELLNESS

### MONTHLY BEREAVEMENT SUPPORT GROUP

**EVERY 4TH FRIDAY | 10:00 AM**

Find comfort in this monthly bereavement group facilitated by Continuum Hospice. Register at 508-866-4698 x3.

### MONTHLY MEDICINE REVIEW

**LAST MONDAYS | 9 - 11:30 AM**

Call 508-866-4698 x3 for an appointment to review your medication with licensed pharmacist Lisa Lavalette.



### WEEKLY WELLNESS CLINIC

**TUESDAYS | 9:30 - 11:30 AM**

Currently, our EMS department provides weekly blood pressure clinics every Tuesday in the Library Room of the COA. Glucose and cholesterol screenings are provided on a monthly basis on the first Tuesday of each month during Wellness Clinics. *Drop in.*

### MONTHLY FOOTCARE

**2ND TUESDAY & 4TH WEDNESDAY**

Podiatrist Dr. Alan Lechan offers foot care services twice monthly at the COA. The \$35 service includes trimming of nails and calluses. Please bring a list of your medications, doctor's name and date of last visit. Call 508-866-4698 x3 to set up an appointment.



### HEARING SCREENINGS

**EVERY SECOND WEDNESDAY |  
9:30 AM - 11:30 AM**

Make an appointment for complimentary hearing screenings, hearing aid cleaning and video ear exams with Board Certified LIC #275 Hearing Instrument Specialist Lauren Warburton. Call Alice at 508-866-4698 x3 to schedule!



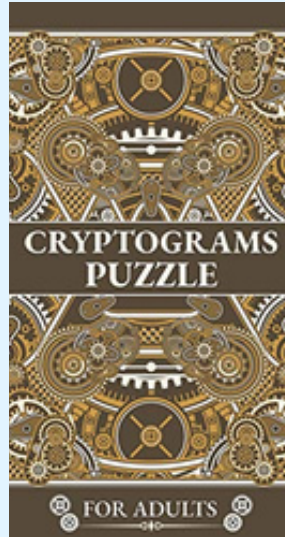


## BRAIN PUZZLES

**WEDNESDAY,  
JANUARY 7TH |  
12:30 PM**

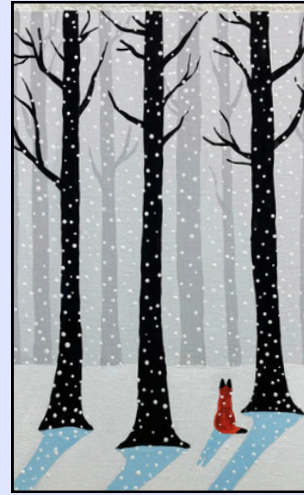
This "Brain Teaser Boot Camp" will be taught by Carver residents and puzzle book authors *Aleah and Donnie Lombard* who will show how daily puzzles help strengthen memory, focus, and problem-solving skills.

Each participant will receive a custom puzzle book created for the workshop introducing 3 popular puzzles - Sudoku, Cryptograms, and Word Jumbles with step-by-step instructions reviewed in class. Please register with Alice at 508-866-4698 x3. *Space is Limited!*



## POP UP ART SCHOOL: SNOWY WINTER FOREST FOX PAINTING

**WEDNESDAY, JANUARY 28TH | 10:00 AM**



In this relaxing follow-along painting program, you'll create a peaceful winter forest scene featuring soft gray trees in the distance, bold black silhouettes in the foreground, with gentle snow falling. A small fox adds a touch of warmth and charm

to the composition. This program offers a calm, creative escape into the beauty of a snowy woodland. Please register with Alice at 508-866-4698 x3. *Space is limited!*

# JUNK JOURNALING: CRAFTING WITH COLLAGE

FRIDAY, JANUARY 16TH | 10:00 AM

Junk journaling is the art of creating a personalized, hand-crafted journal using repurposed materials. These materials might include old books, vintage paper or photos, fabric scraps, postcards, and various items like tickets, maps, and receipts. Come get creative! Register at 508-866-4698 x3.



## COA STAFF

### GATRA Dial-A-Ride Dispatcher

Peggy Wood  
508-866-4698 x1  
Mon-Fri, 9 AM-12 PM

### Outreach Facilitator SHINE Counselor

Call Heidi Lufkin-Miles  
508-866-4698 x2 for  
an appointment or  
email: heidi.miles@  
carverma.gov  
Mon-Fri, 8 AM - 4 PM

### Activities

### Coordinator / Administrative Assistant

Alice McMahon  
508-866-4698 x3  
alice.mcmahon@  
carverma.gov  
Tue-Thu, 9 am-3 PM

### Nutrition Center Head Cook

June Benson  
**Kitchen Assistant**  
Michelle Wall-Hewak  
508-866-4698 x4  
Mon-Thu 8 AM-3 PM  
Fri 8 AM-12 PM

### Director

Connie Kelly  
508-866-4698 x6  
connie.kelly@  
carverma.gov  
Mon-Fri, 8 AM-4 PM

## WEEKLY ACTIVITIES

### CHAIR YOGA CLASSES

with Karen Flynn / Cost: \$5  
Mondays / Advanced 9-10 am  
Basic Chair Yoga 10-11 am

### QI GONG

with David Kisaday / Cost: \$5  
Tuesdays / 10:30 am

### SCRABBLE

Tuesdays / 12:00 pm, Drop-in.

### RUMMIKUB

Wednesdays / 12:00 pm, Drop-in

### BINGO

Thursdays at 12:30 pm - 2:30 pm  
Please arrive prior to 12:15 pm to  
purchase games. Drop-in.

*Please register for ALL activities  
with Alice at 508-866-4698 x3  
or register online email:  
alice.mcmahon@carverma.gov,  
"Drop-in" activities do not require  
registration.*

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am.  
Drop-in.

### VISIT W/ THE VETERANS AGENT

Every third Wednesday at 10:30  
am. Drop-in or make an  
appointment if preferred with Alice  
at 508-866-4698 x3.

### SINGO - MUSICAL BINGO

Every first Monday and third  
Tuesday at 12:00 pm. Drop-in.

### MOVIE MATINEE

Various Fridays each month at  
12:00 noon with free snacks!

### BASKET WEAVING

with Patty Batson / \$20/class  
Twice monthly classes. Please  
register at 508-866-4698 x3.

### NIMBLE FINGERS CLUB

Group knitting & crocheting the  
last Monday of each month from  
10:00 - 11:30 am. Drop-in.

## WEEKLY CRAFT CLASSES

### WEDNESDAYS AT 10:00 AM

Register by 2 days prior at 508-  
866-4698 x3. *Supplies are limited.*

*January 7 - Snowy Owl Craft*

*January 14 - No-Sew Snowman*

*January 21 - Ombre Pinecones*

*January 28 - Winter Forest Painting*

## CARD MAKING WITH LEE

### EVERY FIRST MONDAY | 10:00 AM

### NO CARD MAKING IN JANUARY

Join Lee starting back  
again in February to  
create an assortment  
of embossed and  
layered cards with  
decorative accents. Participants will  
complete 6 unique dimensional cards.  
Cost: \$10 Space is limited! Please  
register at 508-866-4698 x3 or email:  
alice.mcmahon@carverma.gov.



## FRIENDS OF CARVER COA MEMBERSHIP DRIVE

**MONDAY, FEBRUARY 5TH | 1:00 PM - 2:00 PM**

Sign up or renew your annual Friends Membership for \$15 and receive an exclusive Friends tote while they last! Funds raised support Carver COA events, activities and trips. Drop-in!



## CONTACTS

### Friends of Carver Council on Aging

Jack Franey -  
*President*  
Paul M. Kelly -  
*Vice President*  
Mary DuRoss -  
*Treasurer*  
Alice McMahon -  
*Secretary*  
Lydia Nelson - *Officer*  
Bob Bumpus - *Officer*

Friends of Carver COA  
P.O. Box 72,  
Carver, MA 02330

[friendscarvercoa.com](http://friendscarvercoa.com)

### Council on Aging Board of Directors\*

Helen Marrone -  
*Chair*  
Elaine Raymond -  
*Vice Chair*  
Mary DuRoss -  
*Secretary*  
Cathy Gallimore -  
*Member*  
Marie Fahey -  
*Member*  
Damon Fisher -  
*Alternate*

## MONTHLY LUNCH MENU



Daily lunch is served in the Carver COA Nutrition Center at 11:30 am. Menu items are subject to change based on availability. All meals include a choice of milk or juice. Cost: \$5  
For the current week's menu, please call 508-866-4698 x4, select option 1 for a recording of the week's menu.

Friday	1/2 - Pizza w/ toppings, chips, mixed fruit,
Monday	1/5 - Assorted Calzones, chips, peaches,
Tuesday	1/6 - Pulled Pork Sandwiches, cranberry cole slaw, pears
Wednesday	1/7 - Chicken Nuggets, sweet potato fries, corn, Birthday Cake and Ice Cream
Thursday	1/8 - Sausage, Peppers & Onions over rice, fruit cocktail
Friday	1/9 - Turkey or Ham Sandwiches, chips, vanilla pudding
Monday	1/12 - Chicken Cordon Royale, sweet potato puffs, broccoli, chocolate cake,
Tuesday	1/13 - Meatloaf w/gravy, mashed potatoes, corn, mangoes,
Wednesday	1/14 - Lasagna, green beans, banana cake
Thursday	1/15 - Hot Dogs, baked beans, brown bread, mixed fruit
Friday	1/16 - Tuna Salad Sandwiches, tomato soup, pineapple,
Monday	1/19 - Closed for Martin Luther King Jr. Day
Tuesday	1/20 - Chicken Meatballs w/ gravy, mashed potatoes, beets, vanilla pudding
Wednesday	1/21 - Beef Chili w/cheese over rice, pineapple
Thursday	1/22 - Mac 'n' Cheese w/ broccoli or plain, mandarin oranges
Friday	1/23 - Ham Salad Sandwiches, chips, lemon Jello
Monday	1/26 - Chicken Broccoli & Cheese, sweet potato fries, mixed vegetables, peaches
Tuesday	1/27 - Teriyaki Chicken, rice, oriental vegetables, tiramisu
Wednesday	1/28 - Chicken Stew over mashed potatoes, pears
Thursday	1/29 - American Chop Suey, green beans, pineapple
Friday	1/30 - Baked Haddock, sweet potato puffs, carrots, Jello





## ADDITIONAL SERVICES

**LOAN CLOSET:** (please call before dropping off items). The COA maintains a loan closet of canes, walkers, crutches, commodes, etc. to borrow at no cost. Sanitation is the responsibility of the borrower.

**COPIES:** The COA will make limited free copies for seniors. Ask a staff member during regular hours for assistance.

**VETERAN SERVICES:** Carver's Veterans Agent can be reached at 508-866-3406.

**LEGAL ADVICE BY APPOINTMENT:** Attorney-at-Law Lawrence Hale offers free 15 minute consultations by appointment on the 2<sup>nd</sup> Thursday of each month. Call 508-866-4698 x3 for an appointment.

**FINANCIAL CONSULTATIONS:** Edward Jones Certified Financial Planner Sandy Childs offers free ½ hour sessions every 4<sup>th</sup> Tuesday. Call 508-866-4698 x3 for an appointment.

**IN-HOME HAIRCUT SERVICE:** Please call Donna Lawrence at 508-243-2293 for pricing and an appointment.

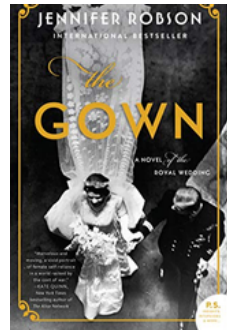
**SHANE GIVES THANKS FOOD PANTRY:** Carver Square Plaza. Call 508-866-7673 for hours.

## BOOK CLUB

**LAST MONDAY | 1:00 PM**

A dazzling and enthralling historical novel about the fascinating women who made one of the most famous wedding gowns of the 20<sup>th</sup> century.

**Register at 508-866-4698 x3 for a copy of the book.**



## MOVIE MATINEE

**FRIDAY 1/9 | 12:00 PM**

This Hallmark romance shows how magic can happen when New Year's resolutions are followed through, changing the course of two lives forever. **Please register at 508-866-4698 x3.**



## TRANSPORTATION

### GATRA DIAL-A-RIDE

GATRA operates out of the COA and provides transportation to seniors 60+ and disabled residents to the towns adjacent to Carver.

**Cost: \$1.75 each way or a 10 ride pass for \$15** Please call the dispatcher at 508-866-4698 x1 between 9 am - 12 pm a minimum of 2 business days in advance to schedule a seat on the bus.

- Have the address of the trip location when you call for a reservation.
- Be ready at the scheduled pick-up time.
- Drivers can only wait 5 minutes beyond the designated pick-up time.
- Call in advance to cancel an appointment.

**1 HOUR SUPERMARKET TRIPS  
- MAXIMUM 5 PASSENGERS -  
4 BAGS OR LARGE ITEMS LIMIT**

**Wednesdays** 8:30 am & 12:30 pm - Market Basket

**Thursdays** 10:00 am 1<sup>st</sup> & 3<sup>rd</sup> - Wareham Walmart  
2<sup>nd</sup> & 4<sup>th</sup> - Plymouth Walmart

**Fridays** 10:00 am . . . . . Carver Shaw's

### IMPORTANT NOTE FOR WHEELCHAIR

**PASSENGERS:** Drivers are unable to escort passengers beyond their point of arrival. Passengers who need assistance at their destination should arrange for a companion.

**GATRA DIAL-A-RIDE**



CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

PRSRT STD  
U.S. Postage  
PAID  
Permit #37  
Carver, MA 02330

## JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> CLOSED FOR NEW YEAR'S DAY	<b>2</b> <i>NO MEDITATION</i> Baskets 9:00 am Lunch 11:30 am
<b>5</b> <i>NO CARD MAKING</i> Adv. Chair Yoga 9am Basic Chair Yoga 10 am Lunch 11:30 am <b>SINGO 12:00 pm</b> Membership Drive 1-2 pm	<b>6</b> Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm <b>Essential Oils Cold &amp; Flu Solutions 12:30 pm</b>	<b>7</b> Snowy Owl Craft 10 am <b>Birthday Celebration</b> Lunch 11:30 am Rummikub 12:00 pm <b>Brain puzzles 12:30 pm</b>	<b>8</b> Atty. Hale Appts 10 am Lunch 11:30 pm BINGO 12:30 pm	<b>9</b> Guided Meditation 9am Baskets 9:00 am Lunch 11:30 am <b>Movie Matinee 12:00 pm</b>
<b>12</b> Adv. Chair Yoga 9am Basic Chair Yoga 10 am Lunch 11:30 am	<b>13</b> Qi Gong 10:30 am Coffee w/ Chief 10:30 am Lunch 11:30 am Scrabble 12:00 pm	<b>14</b> No-Sew Snowman 10 <b>Hearing appts. 9-11am</b> Lunch 11:30 am Rummikub 12:00 pm <b>Footcare 12:00 pm</b> <b>Cooking Small 12:30 pm</b>	<b>15</b> Lunch 11:30 pm BINGO 12:30 pm <b>National Hat Day</b>	<b>16</b> Guided Meditation 9am Baskets 9:00 am <b>Junk Journaling 10 am</b> Lunch 11:30 am
<b>19</b> CLOSED FOR MLKJR. DAY	<b>20</b> Qi Gong 10:30 am Comfort Dog 11:00 am Lunch 11:30 am SINGO 12:00 pm Scrabble 12:00 pm	<b>21</b> Ombre Pinecones 10 Lunch 11:30 am Rummikub 12:00 <b>BCBS Prepare for Medicare 12:30 pm</b>	<b>22</b> Lunch 11:30 pm BINGO 12:30 pm	<b>23</b> Guided Meditation 9am Baskets 9:00 am <b>Bereavement 10:00 am</b> Lunch 11:30 am
<b>26</b> Adv. Chair Yoga 9am <b>Med Review 9 am</b> Basic Chair Yoga 10 am <b>Nimble Fingers 10 am</b> Lunch 11:30 am <b>Book Club 1:00 pm</b>	<b>27</b> Qi Gong 10:30 am Lunch 11:30 am Scrabble 12:00 pm	<b>28</b> Footcare 9 - 2:30 <b>Pop-Up Winter Forest Painting 10:00 am</b> Lunch 11:30 am Rummikub 12:00 pm	<b>29</b> Lunch 11:30 pm BINGO 12:30 pm	<b>30</b> Guided Meditation 9am Baskets 9:00 am Lunch 11:30 am